

Values-Guided Actions

reference list

Research-informed use. ACT concepts are presented as processes in a psychological-flexibility model. Values are directions for action rather than achievements; defusion changes the relationship to thoughts rather than proving them false.

QUICK-REFERENCE LIBRARY

- Values-guided actions are an important part of any healthy relationship. Sometimes we forget about the little things we can say and do to make our
- partner feel loved, heard and valued. Struggling with ideas?
- Read on for some suggestions below.
- WORDS
- GESTURES
- PHYSICAL
- “I love you”
- Cooking dinner
- Giving your partner a
- hug or kiss
- “I’m here for you”
- Organizing a date
- night out
- Holding hands when
- out in public
- “Let me know how I
- can be of support”
- Sharing the burden of
- chores at home
- Stroking their hair

● “I appreciate you”

- Bringing home a treat
- or small gift
- Offering a back rub
- “Thank you for what
- you do for us”
- Make a cup of coffee
- or tea for your partner
- Sitting together on
- the couch
- “I’m grateful for all
- you do”
- Take part in their
- hobbies/interests
- Maintaining open
- body language
- “I’m sorry”
- Organizing/planning
- the day ahead
- Show active listening
- through eye contact